

HOOP LINE DRILLS

- Divide the kids into 4 groups. Divide each of the 4 groups in half and place in shuttle formation. Hoops are placed about 2-3 feet apart. First kid moves through the hoops in the designated manner, tags the next kid in the opposite line and goes to the end of that line. All players do the same drill until the entire team has moved across the grass. DRILLS 1. Leap over every hoop. 2. Zig zag through hoops. 3-4. Left-Right foot in each hoop. 5. Both feet in each hoop. 6. Circle every other hoop.